

**CALISTHENIC EXERCISES:**

ARRANGED FOR THE  
**PRIVATE TUITION OF LADIES.**

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BY SIGNOR VOARINO.

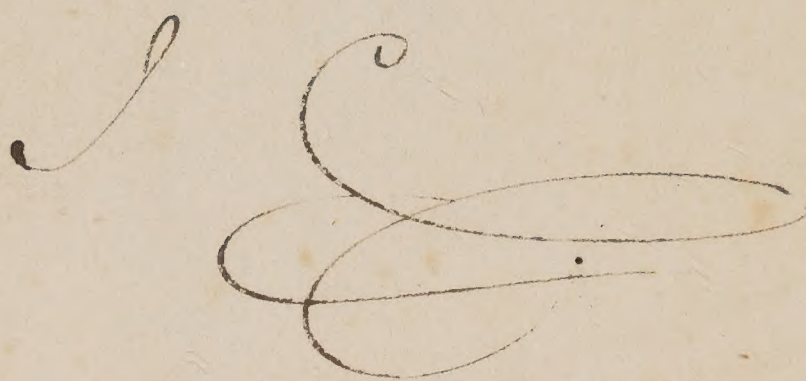
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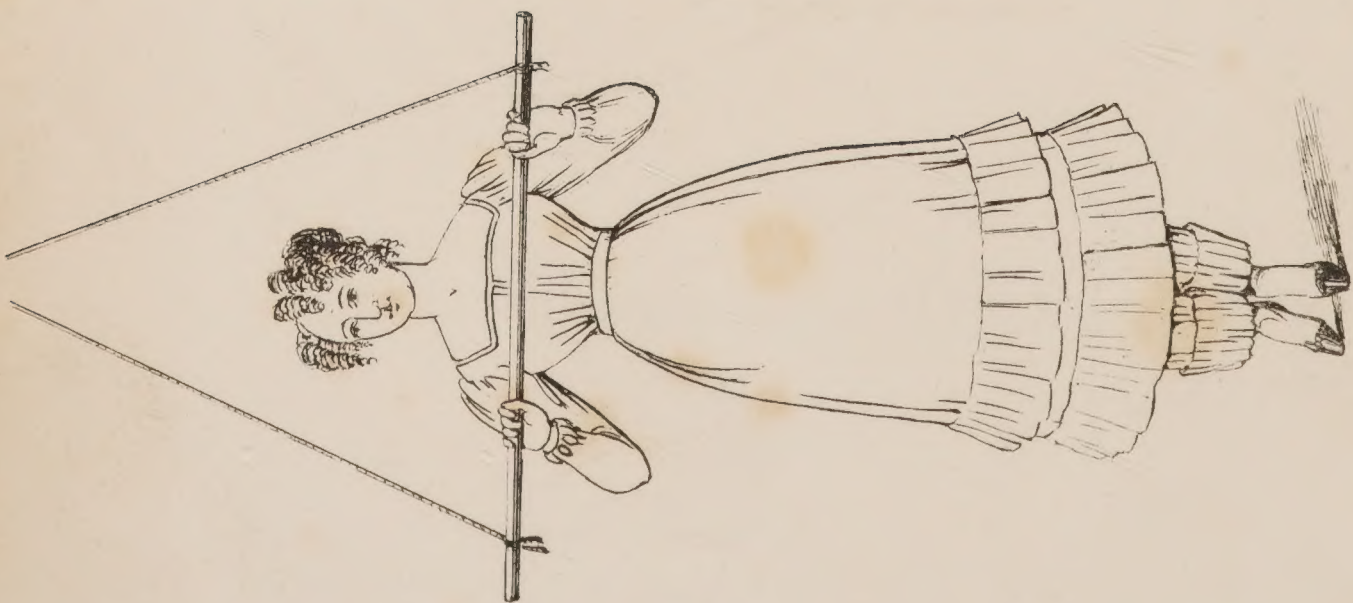
A  
TREATISE  
ON  
CALISTHENIC EXERCISES.

CAPSULES EXERCISES

TREATISE









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**CALISTHENIC EXERCISES.**

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ACCOMPANIED BY ILLUSTRATIVE FIGURES.

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# CALISTHENIC EXERCISES

FOR THE

PRIVATE TUITION OF LADIES.

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## INTRODUCTION.

EXERCISE is universally acknowledged to be essential to the preservation of health. It is invariably recommended by physicians, who, in their daily practice, have occasion to witness the melancholy effects of those habits of inaction which so generally prevail among the female portion of society, more especially in cities and large towns. With a view to diminish the extent of the evil, several members of the medical profession, and other enlightened individuals, have, in the true spirit of philanthropy, published the



results of their experience on this important subject. In these valuable productions the various afflicting consequences which arise from the omission of adequate bodily exertion are detailed, their only efficient remedy is pointed out, and its adoption earnestly recommended.

Under a deep impression of its efficacy, as a preventive of, or remedy for the maladies above alluded to, recourse has lately been had to a method, the objects of which are to restore to health persons who have long suffered under bodily infirmities, to check incipient deformity in others, and to lay the foundations of health and vigour in those who are yet in the earlier stages of life. This method has already been successfully practised in many of the most respectable seminaries in Great Britain. It consists of a regular and gentle course of Gymnastic Exercises, tending to correct deviations of the vertebral column, to increase the strength



and flexibility of the muscles, and to impart a degree of energy to feeble constitutions.

It is open to every one to benefit by the introduction of these exercises; and as they are attended with no personal inconvenience, but, on the contrary, afford pleasure and recreation, little persuasion will be required to induce individuals to avail themselves of the advantages to be derived from their practice. They are strongly recommended as the most efficacious system hitherto invented for counteracting every tendency to deformity, and for obviating such defects of figure as are occasioned by confinement within doors, too close an application to sedentary employment, or by those constrained positions which young ladies habitually assume during their hours of study, and which are, in most cases, unrelieved by proportionate and judicious relaxation.



Although it may be truly remarked, that it is in the power of most persons to adopt such species of exercise as may be most agreeable, it cannot be denied that these are frequently more calculated to do injury to the frame, to create or confirm awkward habits and ungraceful attitudes, than to improve the carriage. Under these circumstances, the object of the writer is to draw the attention of those who may be entrusted with the care of female education to a subject so important, and to direct them to a system of physical exercises adapted to the female constitution, and possessing the twofold advantage of affording relaxation to the mind, while it brings the muscular powers into full and uniform action. Such is the system developed in the following pages; and its results will be found to be improved symmetry of form and an increased degree of health and activity.



The Author of the following pages, on the subject of the utility of the Calisthenic Exercises to the Fair of the rising generation, ushers them into public notice under peculiar disadvantages. Being a foreigner, and but imperfectly acquainted with the English language, he feels inability to do full justice to the subject now under consideration ; and is confident that in throwing himself upon the liberality of a generous people, they will overlook the many inaccuracies and inelegances they will discover in the perusal of the following pages, attributing them to their just cause. With this consoling assurance, he ventures most humbly to introduce his system of Calisthenic Exercises to the notice of a discerning British Public.





## ELEMENTARY EXERCISES.

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### OF THE ARMS AND LEGS, COMPLICATED IN PLACE AND WALKING.

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#### POSITION OF THE BODY.

THE pupil being placed with the heels together, the toes forming a square, and the body perfectly upright, the shoulders thrown back and of an equal height, the chest forward, the upper part of the body backward, the head held up, with the eyes fixed about fifteen paces distant.

This is the position in which the body ought to be placed, in order to enable the pupil to execute with facility and by principle the movements necessary to develop the muscles of the superior extremities, and

at the same time to give to the body the suppleness, elasticity, and grace so becoming to the fair sex, and serve as a guide in the execution of all species of movements without altering the attitude of the body.

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## FIRST EXERCISE.

### MOVEMENTS OF THE ARMS.

At the word *attention*, the pupil must lay the left hand on the chest, the thumb and fore finger spread, and the three others shut; the right arm is to be turned behind the back; she must afterwards bring it in front, and extend it at the height of the shoulder; then turn it behind again, changing hands, the right on the chest, and the left arm is to perform the same movement as the right; she must do the same with the right and left alternately, and lastly with both together. See *Plate I. fig. 1.*



## SECOND EXERCISE.

THE pupil, with her hands placed as in the first position, must bring the right arm (slightly turning it) forward along the body, the nails outwards, and raise it slowly, the hand to the height of the shoulder, the elbow bent against the side; then let it descend gently along the hip, bringing afterwards the right hand on the chest; and must execute the same movement with the left arm, then with the right alternately, and conclude with both at the same time. See *Plate I. fig. 2.*

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## THIRD EXERCISE.

THE left hand on the chest, the right arm stretched sideways, on a line with the shoulder; the pupil must then execute a movement backwards, describing a circle, and bringing the arm against the body; return to the first position, performing the same movement forwards, must bring afterwards

the hand on the chest, and extending the left arm on the left side, must execute the same movement with it as with the right, and conclude with both at once. See *Plate I. fig. 3.*

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#### FOURTH EXERCISE.

THE pupil placed with her heels on a line, her arms raised and extended sideways, must execute the following movement; viz. bending the forearms and bringing the forefinger of each hand on the tip of the shoulders, unfold afterwards the right arm sideways, the elbow stretched and on a line with the shoulder, then return to the same position, and perform the same movement on the left side with the right and left arm alternately, and conclude with both together. See *Plate II. fig. 5.*

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#### FIFTH EXERCISE.

THE pupil being placed in the manner above described, with the right arm fully extended by the right side, the nails outwards, she must pass it across the breast to the height



of the armpit, the elbow on a line with the shoulder, extending it afterwards sideways, and then lowering it to its first position, replace the right hand by the left, executing the same movement with the left arm, then with the right and left alternately, and afterwards with both together. See *Plate II. fig. 6.*

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#### SIXTH EXERCISE.

THE pupil still placed in the same manner, both arms equally falling by the sides, the shoulders thrown back, the head held back without stiffness, must bring the back of the hands together in front of the body, raising them afterwards above the head, and keeping them as near the body as possible; after raising them in this manner, they are to be placed afterwards by the sides, describing a whole circle: the same movement is to be repeated several times. See *Plate II. fig. 4.*

## SEVENTH EXERCISE.

THE pupil remaining in the same position, with the left hand on the chest, the right arm placed by the side, must then bring it before the body, the nails turned outwards, and afterwards describe with it a semicircular line along the breast, extending it at the same time sideways, and returning to the first position; must afterwards bring the right hand on the breast, the left arm must be extended sideways, performing the same movement: this same movement should be performed with the right and left alternately, and lastly with both at once. See *Plate III. fig. 7.*

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## EIGHTH EXERCISE.

THE pupil, placed as usual, with the left hand on the breast, the right arm by the side, must bring it before the body, making it describe a whole circle by raising it towards the left side, on a line with the eyes, and lowering it gently along the side; she



must afterwards place her right hand on the breast, the left arm is to perform the same movement as the right, then the right and left, and afterwards both together. See *Plate III. fig. 8.*

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#### NINTH EXERCISE.

THE pupil, without changing her position, must bring the right hand forward towards the middle of the body, then raise it in a straight line above and behind the head, keeping the elbow at the height of the shoulder, and lower the arm sideways so as to replace it on the breast; she must perform the same movement with the left arm, as well as with the right and left alternately, and lastly with both together. See *Plate III. fig. 9.*

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#### TENTH EXERCISE.

THE pupil continuing in the same position, with the left arm placed on the chest, and the right along the side, must bring it above the head, making it describe a whole circle,

and lowering it by the side ; she must afterwards bring her hand on the breast, while the left is to perform the same movement as the right ; then the same is to be performed with the right and left alternately, and afterwards with both together. See *Plate IV. fig. 10.*

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#### ELEVENTH EXERCISE.

THE pupil, placed with both arms falling naturally by the sides, must raise the right arm bent, the hand above and before the shoulder, the fingers half spread, the back of the hand turned outwards ; then extend it forward at the height of the shoulder, and let it descend to its position ; she must do the same with the left arm, then with the right and left alternately, and conclude with both at once. See *Plate IV. fig. 11.*

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#### TWELFTH EXERCISE.

THE pupil, placed with the right heel against the middle of the left foot, the right arm horizontally crossing the body, and the left



extended, must afterwards raise the right above the left shoulder, making it describe a whole circle, with the arm extended its whole length ; she must afterwards let it descend by the side, bringing at the same time the instep against the left heel ; the same movement is to be performed with the left arm ; then with the right and left alternately, and finally with both together. See *Plate IV. fig. 12.*

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### THIRTEENTH EXERCISE.

THE pupil, placed with the heels on a line, the arms naturally falling by the sides, must bring the right foot one step forward, the knee bent, keeping the left leg in its place, the knee stretched ; she must then bring the right arm forward, the elbow bent, and the forearm above the head, the eyes fixed upon the hand ; the arm is then to be lowered by the side, and the same done with the left arm ; and, by means of a jump, she must bring the left leg forward and the right backward, performing the same movements

with the left leg, and repeating them several times by means of the jump, changing the leg and arm each time. See *Plate VII. fig. 9.*

The exercises above described being calculated to develop the strength of the superior extremities, and at the same time to impart to them suppleness and grace, it remains now to explain those which become necessary to put the inferior ones into action. They will here be described in such a manner as to enable the pupil to communicate to those parts the degree of strength and elasticity which they require.



## ELEMENTARY EXERCISES.

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### OF THE LOWER EXTREMITIES.

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#### FIRST EXERCISE.

##### SIMPLE PACE.

THE pupils being placed on a line, and in the position described for the performance of the exercises of the superior extremities, at the words *simple pace*, they must place their hands on their hips, the fingers forward, and the thumb backward; at the word *march*, the movements are to be made by bending the right knee, and raising it as high as the hip, the toes pointing down, the instep stretched; they must then set down the foot, and do the same with the left, repeating the same exercise several times, without changing the position of the body.

## SECOND EXERCISE.

## SIMPLE PACE JUMPING.

THIS exercise is to be performed in the same manner as described in the first, observing that the pupil should raise the right knee with quickness, and lower it in the same way, lifting up the left at the same time. It must be observed that this exercise should be repeated several times.

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## THIRD EXERCISE.

FORWARD AND BACKWARD PACE  
IN PLACE.

THE pupil placed with her hands on her hips, the shoulders thrown back, and the chest out, must perform this exercise by raising the right leg extended forward as high as possible, the instep stretched, the upper part of the body held back; she must then set it down, raising at the same time the left leg, and repeat the exercise several times without resting the heels on the ground.



## FOURTH EXERCISE.

## SKIPPING AND TOUCHING BEHIND.

THE pupil placed with her hands by her sides, the body thrown back, and the heels on a line, at the words *skip behind in place*, she must rise upon the toes, springing at the same time from the ground, bending the legs backward, and raising them as high as possible ; she must then alight gently to the ground on the toes, and repeat the exercise several times.

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## FIFTH EXERCISE.

## CROSSING LEGS IN PLACE.

THE pupil placed with her hands on the hips, the shoulders thrown back ; at the words *cross legs*, she must cross the right leg over the left, the hip stretched, the toes touching the ground ; bring it afterwards to the right as far as possible, then cross it behind, and return with the heels on a line :

the same movement is to be made with the left leg, observing that during this exercise the upper part of the body must be kept steady.

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### SIXTH EXERCISE.

#### CROSSING LEGS, CHANGING FEET.

THE pupil continuing in the same position as in the preceding exercise, must cross the right leg over the left, the hip stretched; and then return with the heels on a line, crossing the left leg over the right; the same is to be done behind, always keeping the position of the body unaltered. This exercise is to be repeated several times.

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### SEVENTH EXERCISE.

#### ZIGZAG STEP WALKING.

THE pupil placed with her hands on the hips, the hips stretched, and the heels in a line, the upper part of the body very erect; at the words *zigzag step walking march*, she



must move the right leg sideways, the knee bent at the height of the hip, then let it down, crossing the left leg behind: this exercise is to be repeated till the words *march time, change*; then she must move the left leg sideways, and cross the right behind it: the same movement is to be executed as that on the right side till the word *halt*. The pupil must pay particular attention in the performance of this exercise to keep the shoulders back.

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## EIGHTH EXERCISE.

### ZIGZAG STEP JUMPING.

THE pupil placed as in the preceding exercise, must perform this by jumping sideways to a certain distance, still preserving the same position above described, and then return to the left by a contrary movement, always observing to keep the body steady and erect.

## NINTH EXERCISE.

## HIGH STEP.

THE pupil placed with the heels on a line, the body erect, the arms *a kimbo*, must raise the right leg sideways as high as possible, the knee stretched; then set the foot to the ground, and do the same with the left leg, bringing the heels on a line: the same movement is to be performed forward with the right leg, and backward with the left, repeating these exercises several times.

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## TENTH EXERCISE.

## HIGH STEP COMPLICATED.

THE pupil placed in the same manner as in the preceding exercise, must execute this by hopping twice on the toes of the left foot, raising the right leg sideways as high as possible; then hopping twice on the right foot, raising the left leg in the same manner, she must bring the heels on a line; the same



is to be done by raising the right leg forward and the left behind ; and by a double hop change legs, bringing the left before and the right behind ; then return to the *walking pace*. This exercise is to be performed without stopping.

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### ELEVENTH EXERCISE.

#### BENDING THE HIPS AND RISING.

THE pupil placed in the first position, at the words *bend and rise*, must lower herself, gently bending the knees and body, bringing the elbows upon the knees, the arms extended forward, the nails upwards, and all the weight of the body resting on the toes ; she must then rise with great lightness, and return to the first position, observing to repeat this movement after all the exercises of the inferior extremities.

## OBSERVATION.

THE teacher must be careful to see the exercises of the lower extremities performed with the hands placed at the *balance*, as in the commencement: the muscles of the pupil not being sufficiently developed to enable her to execute them alone, she must necessarily have some support, in order to afford her the means of performing them with ease; and as soon as she has acquired the necessary degree of strength and suppleness, the instructor then may cause them to be done without any assistance, intermingling these exercises with those of the arms. The pupil may also do the same exercises, both in advancing and retreating, when the inferior extremities have acquired the requisite strength.

Having now pointed out the means of rendering the muscles supple and flexible, by means of simple exercises, we shall describe the complicated ones, for the purpose of causing the muscles of the superior and inferior extremities to act together with facility.



FOR LADIES.

## COMPLICATED EXERCISES IN PLACE.

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### FIRST EXERCISE.

THE pupil, placed in the first position, is to execute the movement of the arms and legs together, in the manner about to be described: she must bring the right arm stretched forward on a line with the shoulders, bending the right knee in raising the heel; the same movement is to be made backward, bringing the heel to the ground, the right hand to be placed on the chest, and the left arm is to perform the same exercise as the right; then the right and left alternately, and afterwards both at once.

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### SECOND EXERCISE.

THE pupil must perform this exercise by bringing the left hand on the breast, and at the same time raising the knee as high as

the hip, and the right hand down by the side, stretching at the same time the knee and the arm forward, and return to the first position; afterwards, bringing the right hand on the chest, she must perform the same movement with the left, then with the right and left alternately; and lastly with both together.

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### THIRD EXERCISE.

THE pupil continuing in the same position, the left hand placed on the breast, the right arm stretched backward, must make it describe a circle, raising it above the shoulder, then lowering it forwards, bringing at the same time the right leg about two or three feet forward, the right knee bent and the left extended: the same movement is to be made with the leg and arm backward, making them describe the same circle, the right knee extended and the left bent; she must then return to the first position, making the same movement with the left arm and leg, then with the right and left alternately, and afterwards with both at once.



## FOURTH EXERCISE.

THE pupil must place herself with the heels on a line, bending both arms, the elbows as high as the shoulders, the forefingers placed on them, and extend the right arm sideways and on a line with the shoulder, bringing at the same time the leg to the right, the knee stretched, the toes pointing to the ground: she must then return to the first position, bringing the right heel close to the left, and do the same with the left leg and arm, then with the right and left alternately, and lastly with both together.

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## FIFTH EXERCISE.

THE pupil, always placed in the same manner, with the right arm fully extended, the nails outwards, must raise it to the height of the armpit, the elbow on a line with the shoulder; then extend it sideways, moving at the same time the right leg two feet distant from the left, the right knee bent, and

the left extended ; she must then return to the first position, letting the right arm fall by the side, bringing at the same time the right leg against the left, the right hand to be placed on the chest : the same exercise to be performed with the left arm and leg, then with the right and left alternately, and afterwards with both together.

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#### SIXTH EXERCISE.

THE pupil, placed with the back of the hands against each other, the head high, and the shoulders kept back, must make a step forward with the right foot, the right knee bent, and the left stretched, raising at the same time the hands above the head close to the body ; then let them fall naturally by the sides, the shoulders particularly held back ; the hands must then be brought forward, raising them in the same manner, and letting them afterwards fall again by the sides, moving the right foot backward, and return to the first position, doing the same with the left foot.



## SEVENTH EXERCISE.

THE pupil, placed with the right arm in front of the body, the nails inward, must raise it along the breast and above the shoulder, extending it sideways, moving the right foot two feet distant from the left; then lower the arm, making it describe the same line, crossing the right foot over the left, and return to the first position, making the same movement with the left arm and leg; the same is to be done with the right and left alternately, and afterwards with both at once, bringing the right foot before and behind, paying attention to keep the knee which is forward bent, and that which is behind stretched.

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## EIGHTH EXERCISE.

THE pupil, placed with the left hand on the chest, the right arm kept by the side, must bring it in front of the body, making it describe a whole circle, by raising it to the

left, and on a line with the eyes; then let it descend gently along the right side, crossing the right leg over the left; the same movement is to be repeated by bringing the right leg sideways, two feet distant from the left; then return to the first position, doing the same on the left side, then with the right and left, and afterwards with both together, bringing the right leg before and behind.

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#### NINTH EXERCISE.

THE pupil, without changing position, must bring the right hand forward to the middle of the body, and raise it in a straight line above and behind the head, moving the right leg forward, the knee bent; she must then let the hand descend by the side: the same exercise is to be repeated, bringing the right leg behind, and return to the first position, making the same movement on the left side, afterwards with the right and left, and then with both at once. The pupil must pay attention to keep the knee which is forward bent, and the one which is behind extended.

## TENTH EXERCISE.

THE pupil, placed with the right arm falling naturally by the side, must raise it above the head, making it describe a whole circle, by bringing it above the left shoulder ; she must then let it fall by the side, crossing the right leg over the left, repeating the same movement, and bringing the right two feet distant from the left, the right heel facing the left instep ; then return to the first position, and do the same with the right and left arm alternately, and afterwards with both together, bringing the right foot before and behind, as described in the preceding exercise.

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## ELEVENTH EXERCISE.

THE pupil, placed with both arms falling by the sides, must raise the right, bending it ; bring the hand above and before the shoulder, the fingers half opened, the back of the hand turned backward ; she must then extend it forward, making a step with the right



foot: the same is to be done behind, repeating the same movement with the right arm, the heels are to be brought on a line, and the same movement executed with the left arm and leg, then with the right and left alternately, and finally with both at once, bringing the right foot before and behind, as described in the preceding exercise.

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#### TWELFTH EXERCISE.

THE pupil, placed with the heels on a line, the arms extended by the sides, must raise the right arm along the body; she must extend it its whole length, bringing the right foot forward at the distance of two feet from the left, the right knee bent and the left stretched, she must bring the right foot backward, letting the right arm fall by the side, raising at the same time the left arm and bending the knee; then return to the first position, performing the same movement with both arms on the same principle.

## THIRTEENTH EXERCISE.

THE pupil, without changing position, must bring the right foot forward, and the arm bent before the eyes ; then let it fall, moving the right foot behind, and do the same with the left arm ; she must then repeat this exercise, hopping in her place, using the same means above described.

## COMPLICATED EXERCISES.

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### WALKING.

WE shall give here a short description of *complicated exercises walking*, as it will enable the pupil (after the complicated exercises in place) to regulate herself in the position she will have to take for the performance of the exercises, and also to adopt the method fit to put in action both the superior and inferior extremities, by advancing and retreating.

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### FIRST EXERCISE.

THE pupil, placed with her right arm stretched forward, the leg raised and extended in the same manner, bearing the weight of the body on the left leg, the left arm stretched backward, must walk forward, setting the toes lightly to the ground, bringing the left



arm and leg forward in the same position as the right; after walking several paces forward, she must return in the same manner backward; and afterwards make the same movement, bringing both arms and the right leg forward.

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### SECOND EXERCISE.

THE pupil, placed with the right hand in front of and touching the body, the left arm extended backward, must raise her right hand, bending the right leg upwards to the height of the hip; then stretching it forward, resting gently the foot on the ground; and must perform the same movement with the left arm and leg forward: after walking several paces, she must return in the same manner, and do the same with both arms and the right leg, walking forward and backward.

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### THIRD EXERCISE.

THE pupil, placed with both arms extended backward, must bring the right leg forward, setting it gently to the ground, making the

right arm turn above the shoulder, and let it fall in front on the same line ; she must then pass the left arm and leg forward ; and, marching several steps, return in the same manner backward : the same movement is then to be made with both arms and the right leg : the pupil must take care to keep the body perfectly erect.

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#### FOURTH EXERCISE.

THE pupil, placed with the forearms bent sideways above the arms, the forefingers of each hand touching the tip of the shoulders, must make a step sideways with her right foot, extending the right arm, she is to bring the left foot against the right, bending the right arm and stretching the left : she must walk several steps on the same side, and then return to her place, making the same movement with the left arm and leg, then with both together, bringing the right foot forward, the knees bent ; she must walk several steps, and return making the same movement.

## FIFTH EXERCISE.

THE pupil, placed with both arms extended by the sides, the nails outwards, must raise the right arm to the height of the armpit, extend it to the right, walking a step with the right foot, bending it afterwards, and bringing the left foot against the right; the left arm is to make the same movement on the left side, walking several steps sideways; she must return to her place, making the same movement with the left arm and leg, then with both, advancing and bringing the right foot forward, the knee bent; must walk several steps and return, making the same movement.

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## SIXTH EXERCISE.

THE pupil, placed with the back of the hands against each other in front of the body, must raise them above the head, walking a step forward, the right knee bent, the left extended; she must then let them fall,



bringing the left foot forward, walk several steps, and return to her place ; repeating the same movement with the left leg first.

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### SEVENTH EXERCISE.

THE pupil placed with the right arm forward, and against the body, the nails outwards, must raise it to the height of the right shoulder, making a step sideways, let it descend, crossing the left leg over the right, making the same movement with the left arm, which she must repeat several times sideways, and return to her place in the same manner ; it is then to be done with both arms together, bringing the right foot forward, walking several steps, and returning in the same way.

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### EIGHTH EXERCISE.

THE pupil, with both arms naturally falling by the sides, must bring the right arm to the left, passing it close to the body, raising it

afterwards above the head, and bringing the right foot to the right; then let the arm descend, crossing the left leg behind the right, making the same movement with the left arm, must walk several steps to the right, and then return to her place; afterwards she must perform the same with both arms, bringing the right foot before, then walk several steps, and return in the same manner.

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#### NINTH EXERCISE.

THE pupil, without changing her position, must bring the right foot forward, and the right hand against the middle of the body, then raise it above the head, and let it descend backwards by the side, bringing the left foot forward, and performing the same exercise with the left arm: she must walk several steps, and return in the same manner; then perform the same movement with both arms, walking several steps, and returning to her place.

## TENTH EXERCISE.

THE pupil, with her arms extended by the sides, must bring the right to the left side, passing it close to the body, then raise it, describing a line with the eyes, and let it descend sideways, crossing the right leg over the left; must then set a step sideways with the right foot, performing the same movement with the left arm, walking several steps and returning to her place: the same movement is to be made with both arms, advancing, bringing the right foot forward, walking several steps, and returning by the same means.

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## ELEVENTH EXERCISE.

THE pupil, placed with the arms falling by the sides, must raise the right, bending it; bring the hand above and against the right shoulder, the fingers half opened, the back of the hand turned backwards; she must then extend it, walking a step forward, let it descend sideways, bringing the left foot for-



ward, and executing the same movement with the left arm, she must return to her place; the same must be done with the right foot and both arms together.

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### TWELFTH EXERCISE.

THE pupil, being placed as before, must bring the right arm against and along the body; then extend it, bending the right knee and extending the left; she must then let it descend, bringing the left foot forward, walk several steps whilst performing the same movement; return, and do the same with both arms at once.

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### THIRTEENTH EXERCISE.

THE pupil, placed with the right foot forward, the knee bent and the left extended, must bend the right arm, raising it to the height of the eyes, walk a step forward with

the left foot, let the right arm descend, and make the same movement with the left arm, she must walk several steps; return the same, and afterwards perform the same exercise, advancing and retreating, by means of a jump, changing the leg each time.

## EXERCISE OF THE CANE,

SIMPLE, COMPLICATED IN PLACE, AND WALKING.

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FIRST EXERCISE.

THE pupil, placed with the heels on a line, the body erect, the shoulders held back, and of equal height, the chest thrown out, the head high and steady, holding the cane in both hands, the arms fully extended, she must raise it perpendicularly, passing it close to the body on a line with the shoulders, bringing it forward, the arms stretched; return the same backwards, raising it above the head, the arms extended; then let it descend on the shoulder, raise it again in the same manner, and return to the first position, making the same movements. See *Plate V. fig. 1.*



## SECOND EXERCISE.

THE pupil, placed in the same position as in the preceding exercise, must raise the cane, going through the same movements, bringing it above the head, the arms extended, must lower the left arm all its length by the left side, and at the same time bend the right arm, resting the cane against the shoulders, then raise it and repeat the same movement on the right side ; this being done, she must bring it forward, passing it above the head, holding the arms stretched and on a line with the shoulders ; then bend the right arm, bringing the extremity of the cane under the left armpit, and return to the first position, repeating the same exercise with the left arm. See *Plate V. fig. 2.*

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## THIRD EXERCISE.

THE pupil, placed with the right arm held up and the left down, must pass the right above the head, bringing the cane backward against the shoulders, the right arm bent and the left extended ; then return forward, repass-

ing the right arm above the head, take her position and make the same movement with the left arm. See *Plate VI. fig. 4.*

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#### FOURTH EXERCISE.

THE pupil, placed in the same position, must pass the cane above the head, beginning with the right arm, let it descend backwards against the shoulders ; then let it slip to the right, the right arm extended and the left bent, repass it above the head, taking her position, and repeat the same exercise, beginning with the left arm. See *Plate VI. fig. 5.*

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#### FIFTH EXERCISE.

THE pupil, placed with the arms stretched, and on a line with the shoulders, must make the cane turn forward and backward round her body without moving it, always keeping the arms stretched ; she must begin the exercise by the left side, moving to the right, and then from the right to the left, in order that the shoulders may be moved in every direction without altering the position of the body. See *Plate VI. fig. 6.*

## SIXTH EXERCISE.

THE pupil, holding the cane horizontally, the right arm held up, and the left down, must pass the right arm above the head, letting the cane slip backward along the back, stretching the arm; the cane must be held between the thumb and forefinger; she must then raise it again above the head and return to her position, executing the same exercise, beginning with the left arm. See *Plate VII. fig. 8.*

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## SEVENTH EXERCISE.

THE pupil, in the same position, must pass the cane above and behind the head, beginning with the right arm, let it slip to the right, extending the same arm and bending the left; she must repass it in the same manner above the head, bringing it forward and to the left, opposite the shoulder, the left arm bent, on a line with the eyes; then raise it above the head: the same movement is to be performed on the right side. See *Plate VII. fig. 7.*



## COMPLICATED EXERCISES, IN PLACE.

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### FIRST EXERCISE.

THE pupil, placed in the same position as in the simple exercises, must raise the cane to the height of the breast, extending the arms forward their whole length, and on a line with the shoulders, perform the same backward, bringing the cane above the head, the arms extended, and the right foot before, two feet distant from the left; she must then bend the right arm and knee, letting the cane descend behind and against the shoulders; then raise herself again, bringing the right foot on a line with the left, with the arms extended; the same must be done with the left foot behind.

## SECOND EXERCISE.

THE pupil, in the same position as in the simple ones, must raise the cane above the head, the arms extended, bend the right arm, and lower the left by the side, resting the cane against the shoulders, setting a step sideways with the left foot, the knee bent and the right extended; she must then return to her position, and repeat the same exercise with the right arm and leg; this exercise being performed, she must bring the cane forward, the arm stretched; bend afterward the right arm, and bring the extremity of the cane under the left armpit, setting a step forward with the right foot; return to her position, and repeat the same exercise with the left arm, letting at the same time the right foot pass behind the left.

---

## THIRD EXERCISE.

THE pupil, with both arms extended forward, must lower the left, and pass the right above the head, bringing the cane behind

and against the shoulders, the right arm bent and the left falling by the side ; she, at the same time, must set a step forward with the right foot, the right knee bent and the left extended ; she must then move the right leg behind, and by the same movement bring the cane forward, and return to her position, repeating the same exercise with the left arm and leg.

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#### FOURTH EXERCISE.

THE pupil, in the same position, must pass the cane above the head, and bring the right foot forward, as in the preceding exercise, letting it descend to the right, bending the left arm ; then repass it above the head, and return in front, bringing the right foot behind ; she must then resume the same position, and repeat the same movements with the left arm and leg first.



## FIFTH EXERCISE.

THE pupil, placed with the cane on a line with the shoulders, must make it turn before and behind the body, bringing the right foot in front, keeping the arms extended; and having described a whole circle, must begin the movement again on the opposite side, bring the left leg before and behind; attention must be paid to perform this exercise very slowly, and without moving the body.

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## SIXTH EXERCISE.

THE pupil being placed, holding the cane horizontally, the right arm above and the left below, must pass the right arm above the head, letting the cane slip behind along the back, and return with the arms extended, holding the cane between the thumb and forefinger, bringing at the same time the right foot forward, both knees bent; she must then raise it up again, bending the

arms, repass it above the head, moving the right foot behind ; then return to her position, and perform the same movement with the left foot.

---

### SEVENTH EXERCISE.

THE pupil, with the cane in front, must pass the right arm above the head, beginning by the left side, still making use of the same principle, return to the right and afterwards in front, lowering the left arm its whole length, the right bent, the cane opposite the left shoulder, and the arm at the height of the eyes ; bring at the same time the right foot to the right side, two feet distant from the left, the right knee bent and the left extended, bearing all the weight of the body on the right leg ; the right arm must then be lowered to the right side, bending the knee and repassing the cane above the head, performing the same movement to the left side ; the right foot is to be brought against the left, and the left is to follow the same

movement; the right arm must be placed by the side, the left arm bent, and the cane opposite the right shoulder; the pupil must then return to her position, and repeat the same movement, beginning with the left arm.



## COMPLICATED EXERCISES,

## WALKING.

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FIRST EXERCISE.

THE pupil, placed with the cane on a line with the shoulders, the arms extended, the right foot forward, must raise the cane above the head, passing it close to the body, come in front with the arms extended, setting a step with the left foot forward, then with the right, bending the knee, let the cane descend on the shoulders, the arms bent; must raise it up afterwards, and return to her position, making the same movement backwards.

## SECOND EXERCISE.

THE pupil, placed as usual, must raise the cane above the head, let it descend against the left shoulder, the right arm bent, and the left extended by the side, set a step sideways with the right foot, and making the same movement raise the cane, changing shoulders; then cross the left foot behind the right, and return with the arms extended, bringing back the right foot against the left; she must do the same to the left, and advance with the right foot forward with the cane under the left armpit; then with the left foot, bringing the cane under the right armpit, and lastly return in the same manner, making the same movement; the pupil must pay attention to change the position of the cane each time.

## THIRD EXERCISE.

THE pupil, placed with both arms extended forward, must pass the cane above the head, beginning by the left side, lower it against the shoulders, the right arm bent and the left stretched, setting at the same time a step forward with the right foot, the arms extended, bringing the cane above the head; then walk forward, passing the cane on the opposite side, and bringing it back against the shoulders, the left arm bent, and the right stretched; she must then walk several steps, making the same movement, and return in the same manner backward, taking her position.

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## FOURTH EXERCISE.

THE pupil, placed as in the preceding exercise, must walk forward, repassing the cane above her head, beginning by the right side, lower it by the left, and return forward with



the arms stretched, continuing to walk, re-passing it on the left side, walking several paces, and then return backward, making the same movement.

---

### FIFTH EXERCISE.

THE pupil, placed with both arms extended on a line with the shoulders, must make the cane turn round the body, beginning the movement by the left side, then returning to the right, and bringing the right foot before the left; she must begin by the right, returning by the left, and bringing the right foot before the left, walk several steps, and return afterwards by the same movement to her position.

---

### SIXTH EXERCISE.

THE pupil, placed with the cane held in an horizontal position before her, must pass the right arm above the head, letting it slip along the back; return with both arms ex-

tended, making a step forward at the same time with the right foot, both knees bent, repass the arms above the head, and return several steps forward, doing the same on the right with the left arm, bringing the left foot forward, and returning backward to her position.

---

### SEVENTH EXERCISE.

THE pupil, holding the cane before her, must pass the right arm above the head, always acting by the same principles, return to the right and then forward, the left arm stretched, and the right bent at the height of the eyes, the cane facing the left shoulder; she must bring the right foot sideways to the right, two feet distant from the left, the right knee bent, and the left extended, resting all the weight of the body on the right leg; then lower the right arm on the right side, passing the left arm above the head, making the same movement as the right; she must cross the left foot behind the right, at the same time bringing the right foot close to the left, and return with the arms

extended above the head, going through the same movement on the left side by the same principles as that on the right; then return to her position, advancing in the same manner, beginning with the right foot, returning backwards, and then taking her position.



## EXERCISES BY BALANCING\*.

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### FIRST EXERCISE.

THE pupil, placed at the balance, the stick at the height of the breast, must take hold of it, both hands facing the shoulders, the nails outward, she must bend the knees gently till they almost touch the ground, rise in the same manner, change hands, the nails inward, repeating the same exercise several times. See *Plate VIII. fig. 1.*

\* The balance is a moveable instrument, supported by means of a hook, strongly fixed in the ceiling of a room, from which two cords are suspended; and at the extremities of which is fixed a stick, made of a very dry piece of ash wood, four feet in length, and an inch and a half in diameter. The middle of the stick should be wrapped with any sort of soft substance, such as cotton, velvet, &c. to prevent it from hardening the hands. In order to prevent the cords from twisting, a swivel must be used, so that the balance may turn in any direction.

## SECOND EXERCISE.

THE pupil, placed with both hands at the balance, must bring the right foot forward, let herself descend gently, bending the right knee and extending the left, supporting the body by the strength of the arms and toes, must raise herself in the same way, and descend backward, the right arm and knee stretched, and the left bent; then return to her position, making the same movement, and placing the right foot before; and repeat the same exercise as with the right, and then return to her place: the same must be done with both together. See *Plate VIII. fig. 2.*

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## THIRD EXERCISE.

THE pupil, placed with both hands on the stick, must raise herself on the toes, leaning her body forward, extending the arms; and after taking her equilibrium, she must return

lightly on her heels, the body erect, and the arms extended; afterwards let herself descend backwards, the knees extended, and the body suspended by the arms; she must then rise in the same manner and take her position. See *Plate VIII. fig. 3.*

---

#### FOURTH EXERCISE.

THE pupil, always placed in the same manner, must push the stick forward, extending the arms, and letting herself lean forward, the arms bent, the knees stretched, and the toes on a line; she must then raise herself by the strength of the arms and feet, letting herself descend backward, with the arms and knees stretched, and the heels on a line, raise herself in the same manner, and take her position. See *Plate IX. fig. 4.*



## FIFTH EXERCISE.

THE pupil, placed with the chest against the stick of the balance, the hands resting upon it, must set two steps forward, extending the arms, bring the heels upon a line, raise the arms high, stretched their full length, and the chest thrown out, the shoulders considerably held back; she must then raise the body, bending the arms and knees; and, setting the feet to the ground, return to her place. See *Plate VIII. fig. 1.*

---

## SIXTH EXERCISE.

THE stick at the height of the head, the pupil must take hold of it with both hands, drawing backward the whole length of the cords, the arms extended, and the body resting on the toes; she must then spring forward as far as possible, the arms and knees bent, descend to the ground, the heels on a

line, the arms raised high, and the chest thrown out; afterwards bend the arms, and return to her place, making the same movements. See *Plate VIII. fig. 1.*

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### SEVENTH EXERCISE.

THE pupil, placed at one of the extremities of the balance, the feet placed under it, the hands crossed, the knees bent, the heels on a line, must support her body by the arms, let herself descend to the left, and, turning completely round, return to her place: the pupil must perform the same movement to the right side, acting by the same principles. See *Plate IX. fig. 4.*

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### EIGHTH EXERCISE.

#### FLYING ROUND.

THE pupil, placed at one of the extremities of the balance, the hands placed at a foot distance from each other, must move sideways, the cords extended their full length,

walk in such a way as to describe a whole circle, moving the left leg to the left side, and the right leg crossing above the left; she must try to gain ground as much as possible to the left. As soon as the pupil is capable of performing this course easily, she must redouble her pace, and supporting her body by the strength of the arms, return to her first position: she must change hands, making the same movement on the opposite side; and she may then perform the *high step*, *double step*, *zigzag step*, and the *galloping pace*, running the same circle, and using the same means as in the *flying round*. See *Plate IX. fig. 5.*



## CONCLUSION.

THAT exercise is indispensably requisite for the enjoyment of health universal experience allows; and it is no exaggeration to affirm, that nine-tenths of the diseases, under which the female sex are suffering, are principally brought on by insufficient and too frequently total inattention to this important part of the animal economy: as a proof of this we need only look to the female part of the labouring classes of society, to whom disease is comparatively unknown, unless produced by vicious habits or severe privations. How frequently in the same family do we find the boys strong, robust, and healthy, their countenances cheerful and animated, while the girls are pale, sickly, and languid?

To what cause can we attribute so great and so evident a difference, unless to the various bodily exercises pursued by the one, which are not enjoyed by the other.

The ancients, aware of the importance of the due preservation of the health and faculties of the human frame, made it a prominent part of the education of youth of both sexes, that they should be instructed in all exercises calculated to give tone and vigour to their bodily functions, knowing well how intimately the strength of the mind is connected with the health of the body, and how much weakened or strengthened, in proportion, as the body becomes enervated or invigorated.

“ *Herodicus*, instructor of the great physician Hippocrates, was master of one of the Grecian Palæstric, or Gymnasia, and frequently remarked that the females under his tuition attained the enviable enjoyment of an uninterrupted flow of health and spirits.”

But we need not recur to so distant a period for medical authority on this subject. Mr. Abernethy, one of the most scientific and successful surgical practitioners of his day, insists with that earnestness which the importance of the subject demands, on the advantages resulting from all exercises suitable and appropriate to the female sex.

Female Gymnastics, or Calisthenics, were

not introduced to public notice at the time that Mr. Abernethy's valuable work appeared, or I flatter myself he would have honoured them with his notice and approbation.

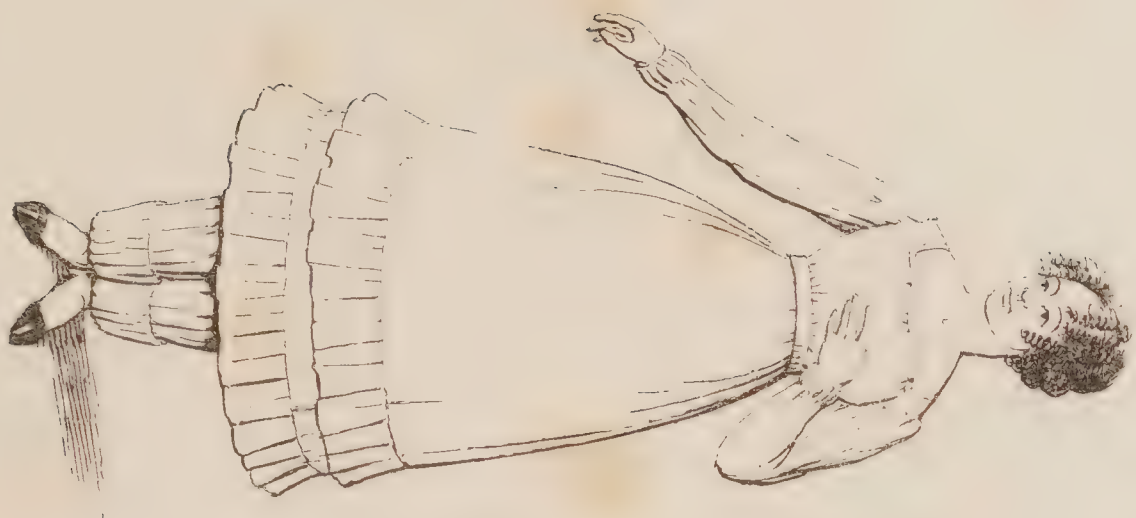
Should the above observations in favour of Signor VOARINO's system, which he entreats his Fair Readers to take into their serious consideration, induce them to make trial of it, he ventures to assert that the beneficial effects they will experience, as regards their bodily health, will amply repay them: in addition to which it is preeminently calculated to produce a graceful and easy carriage, and will secure to those who are in the enjoyment of health a continuation of that invaluable blessing.

The Female or Calisthenic Exercises mentioned in this little work, having received the most unqualified approbation of several physicians and surgeons of distinguished eminence, as tending to preserve the health, improve the figure, and give tone and strength to both the bodily and mental powers, Signor VOARINO trusts that, notwithstanding their recent introduction in this country, as they become generally known,

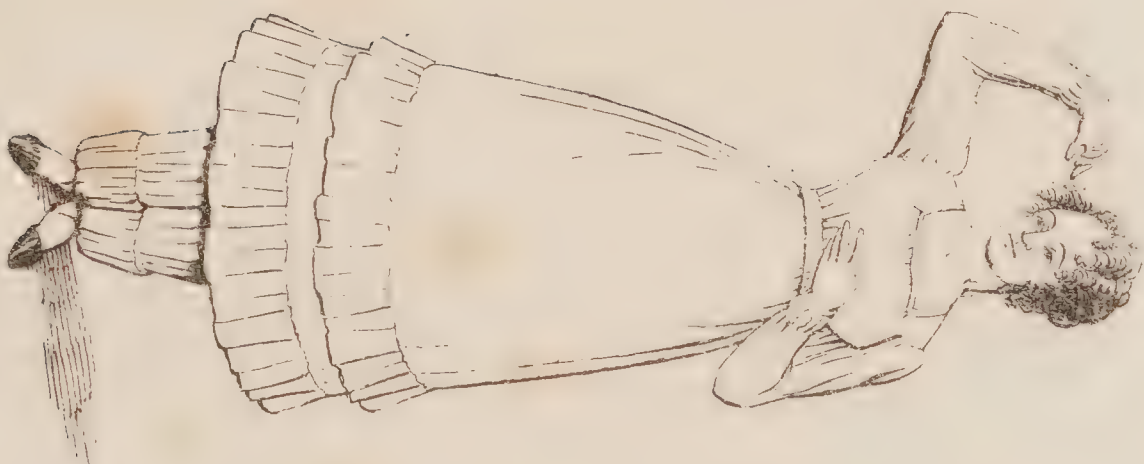


they will be duly appreciated. With which expectation, he embraces the present opportunity to inform his Fair Readers, that the elegant and graceful exercises, which he now recommends to their notice, are taught by MISS MASON, pupil to Signor VOARINO, every Saturday morning, at her residence, 242, *Regent Street*, from ten till one o'clock. After which hour, should any lady wish to be made acquainted with their utility, previous to becoming her pupil, she will be happy to explain the nature of the exercises by personal illustration.

FINIS.



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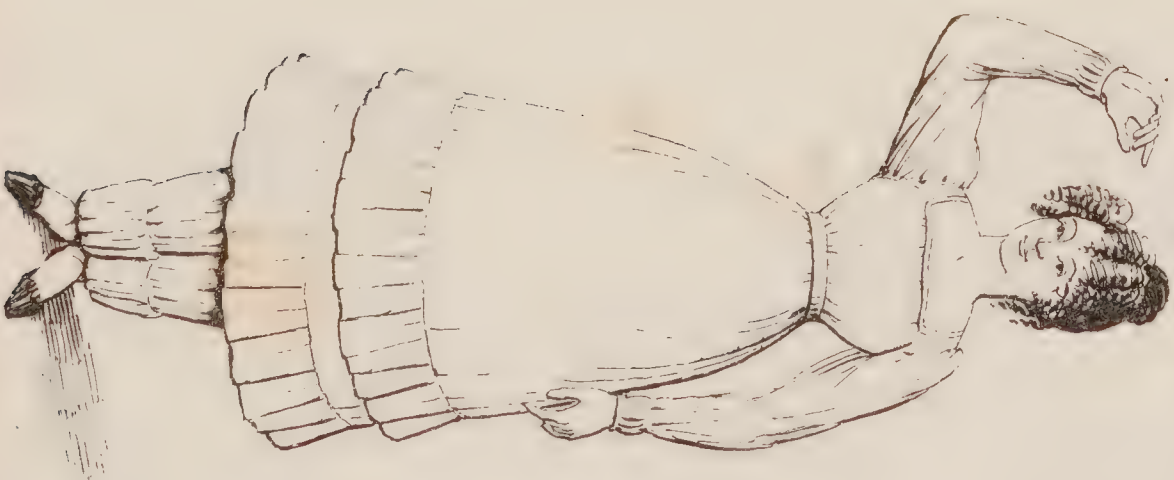
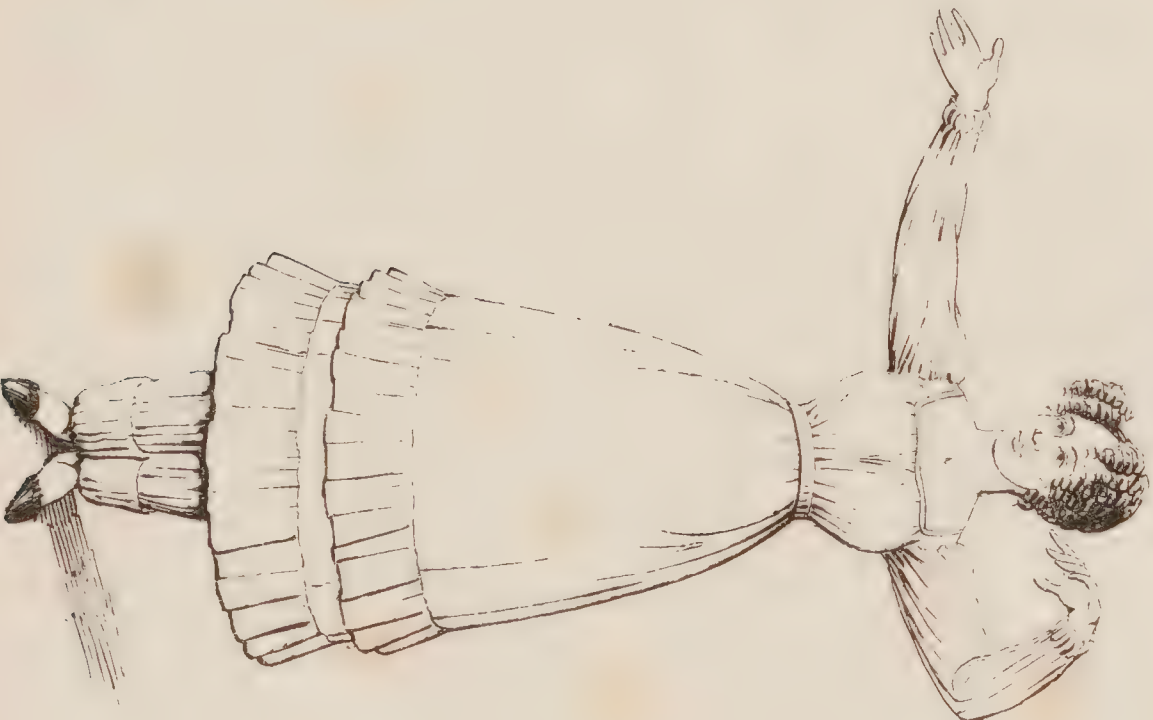
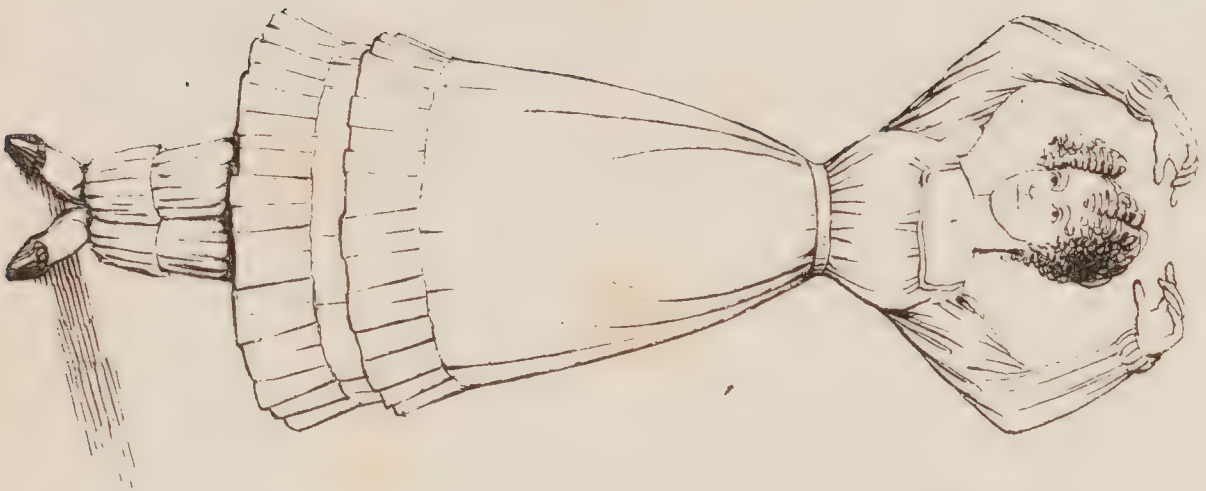
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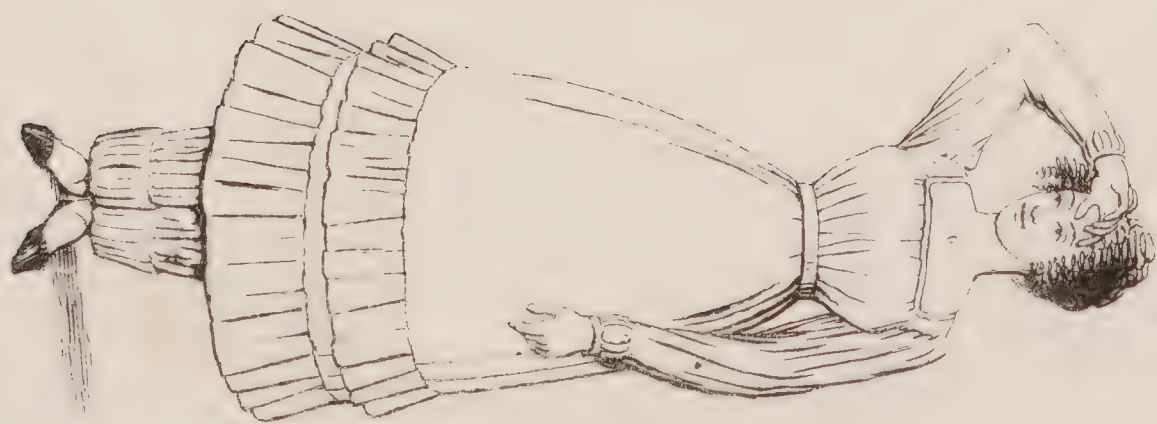
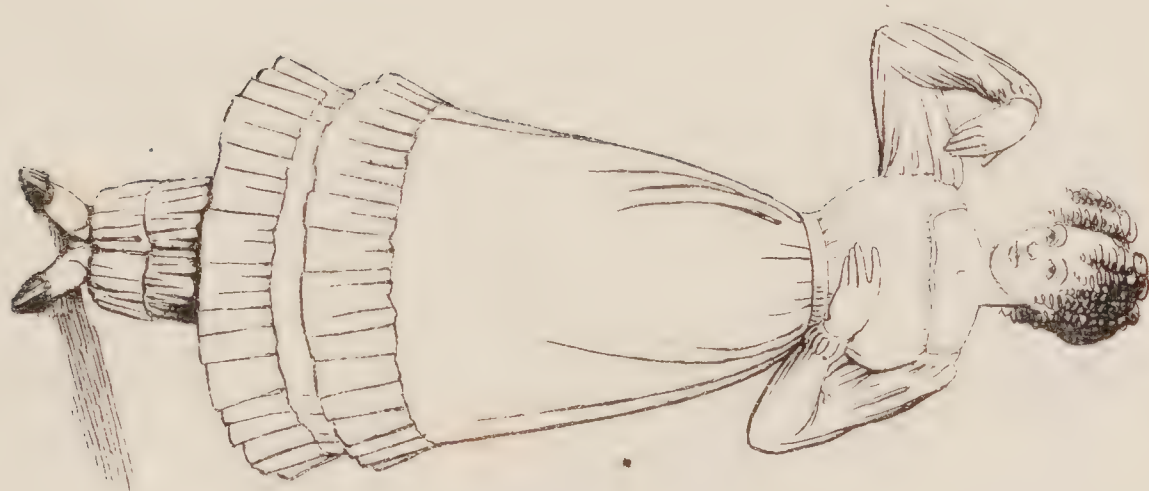
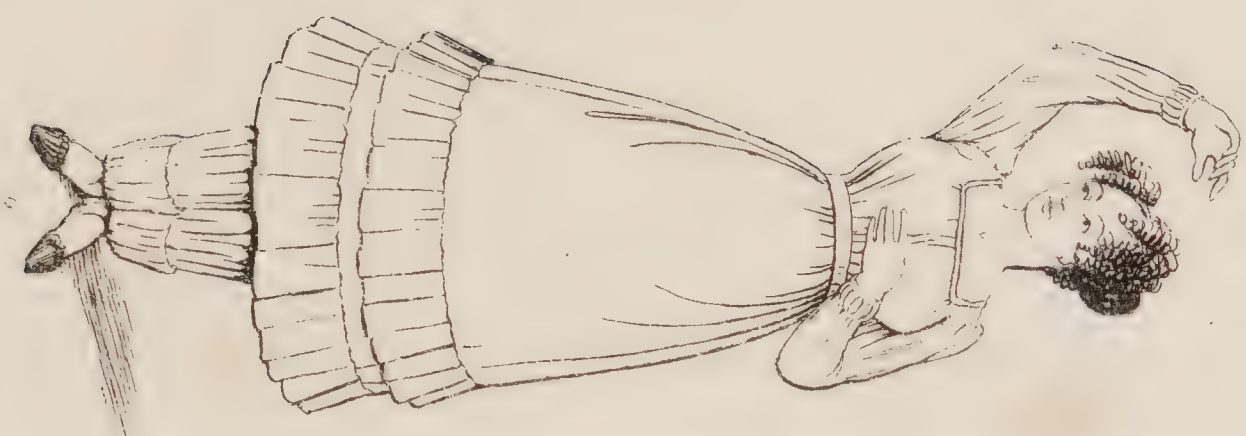
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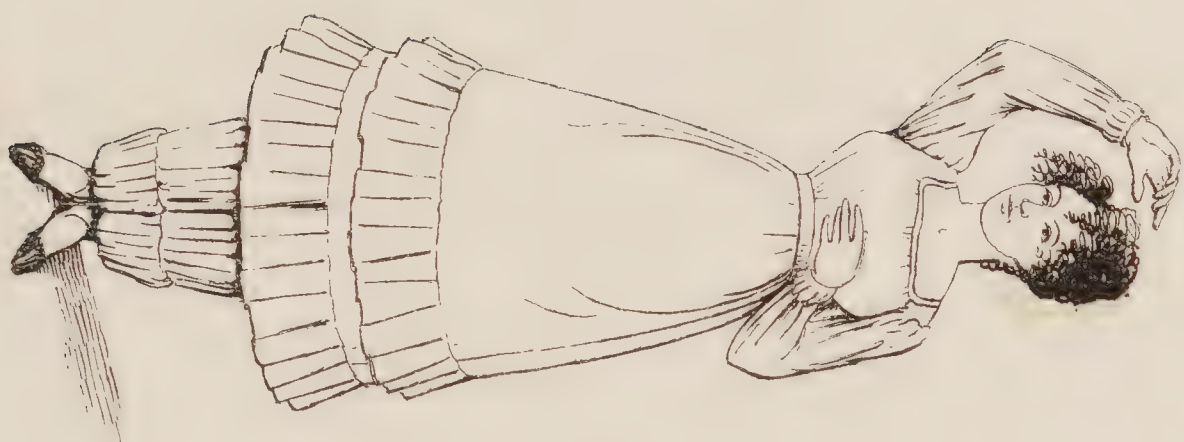




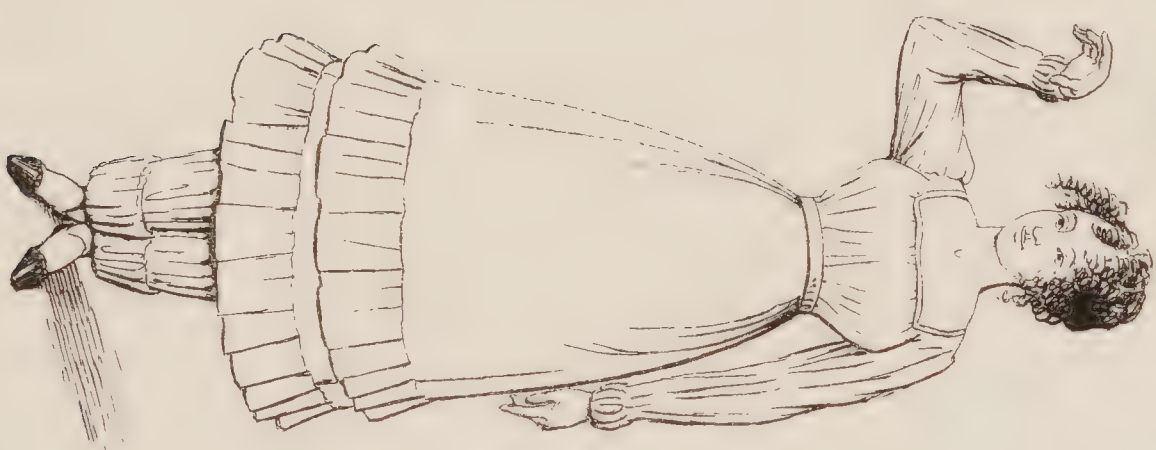




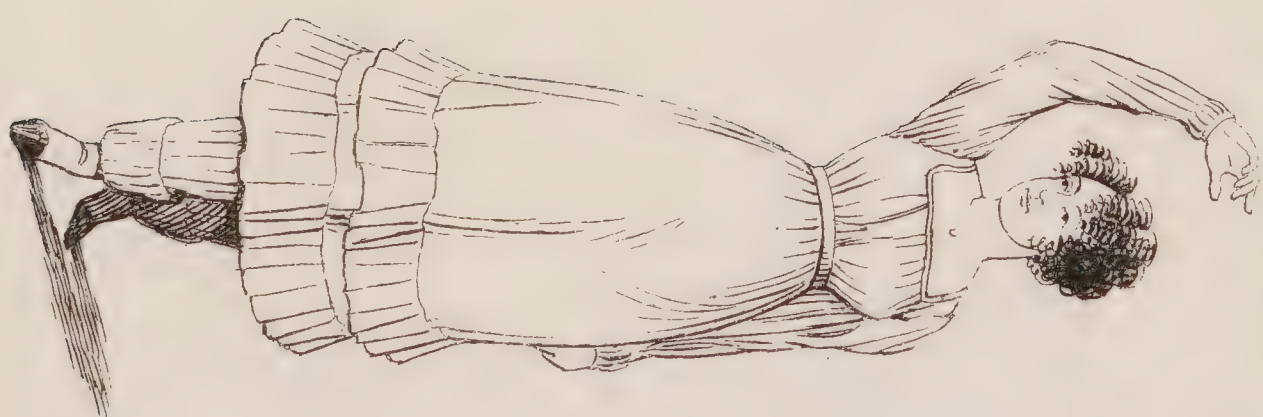




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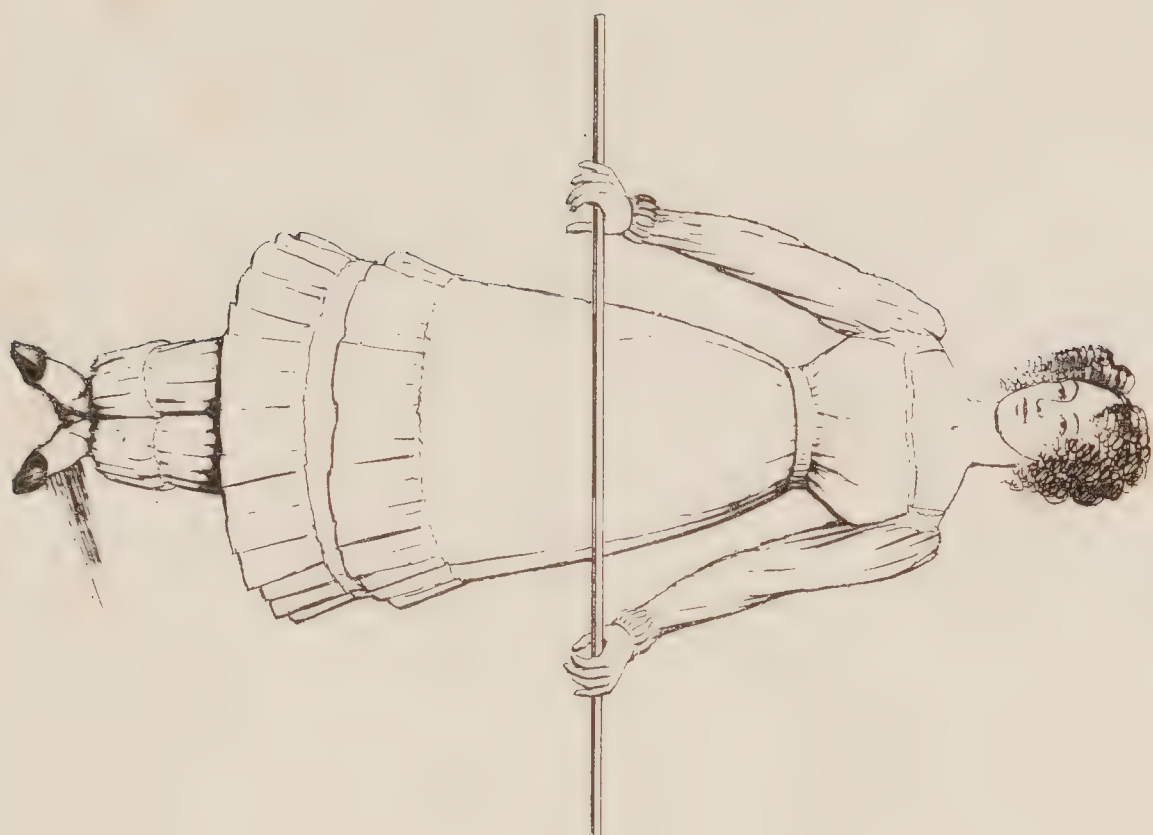
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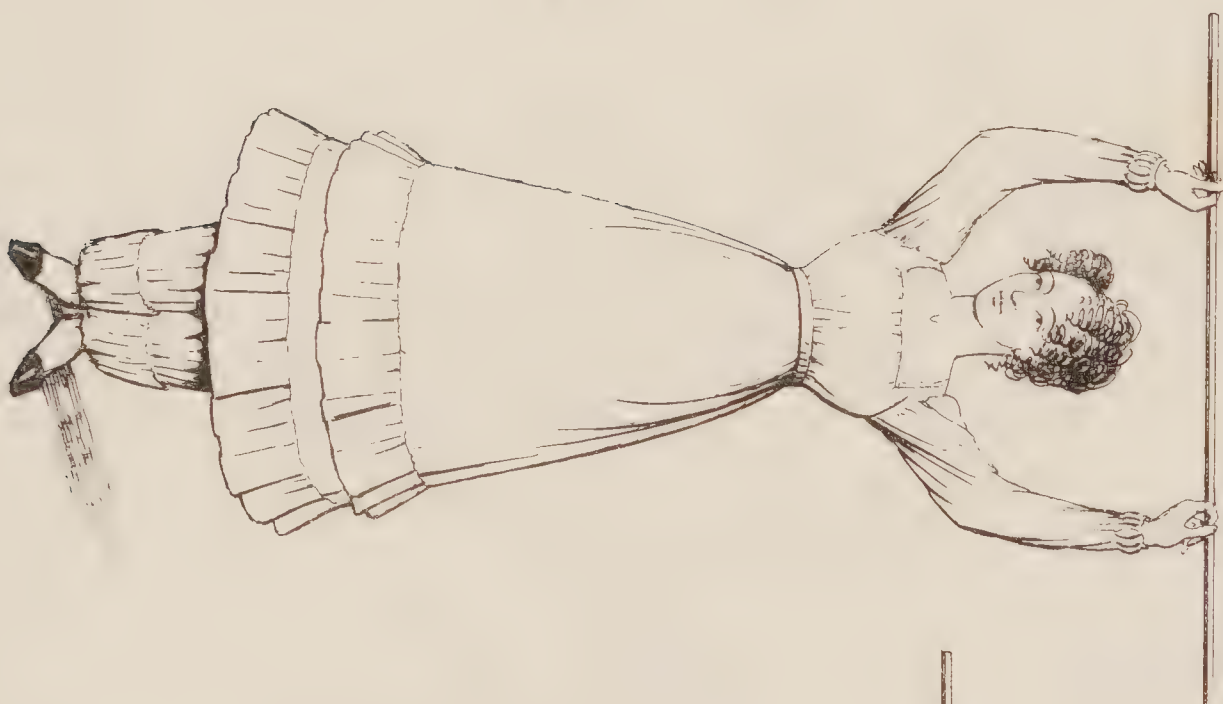
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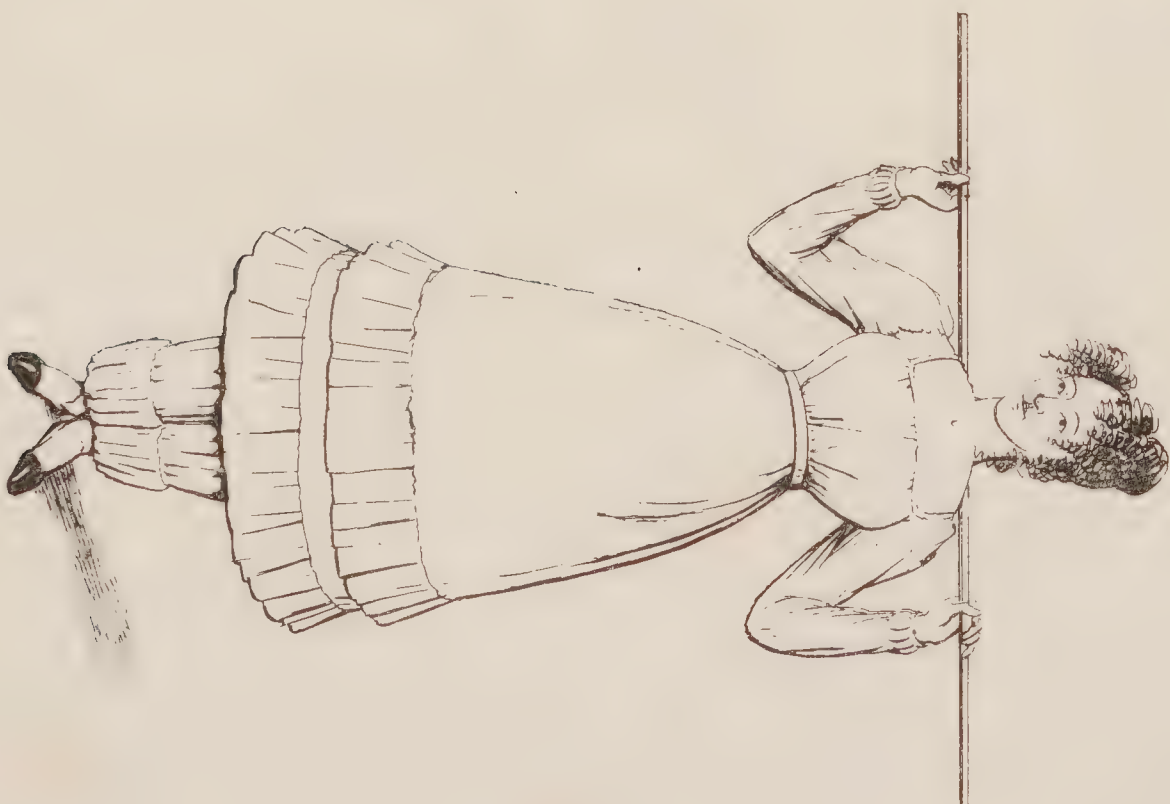




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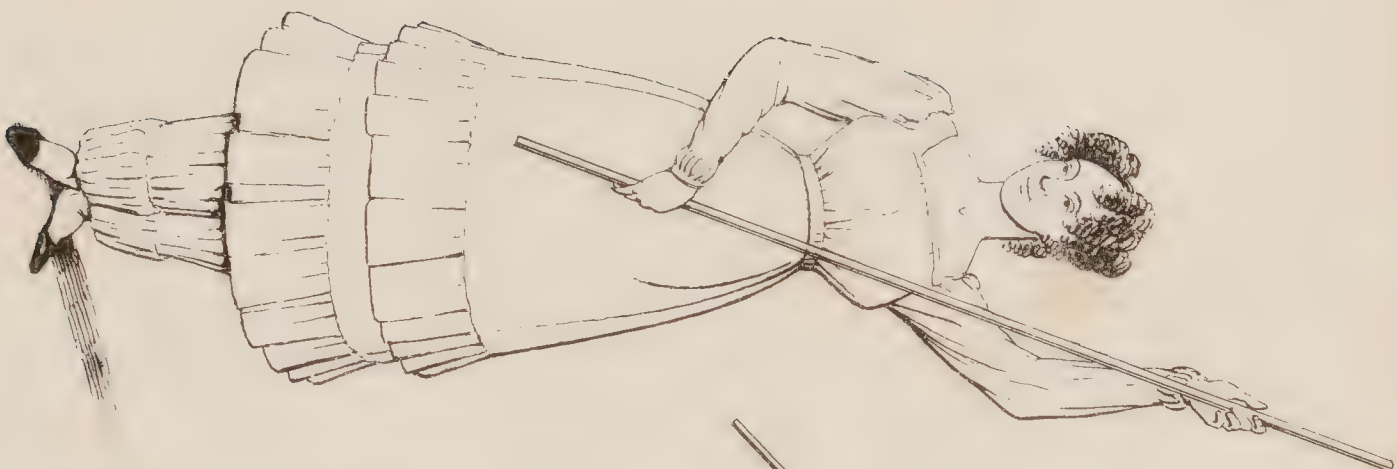


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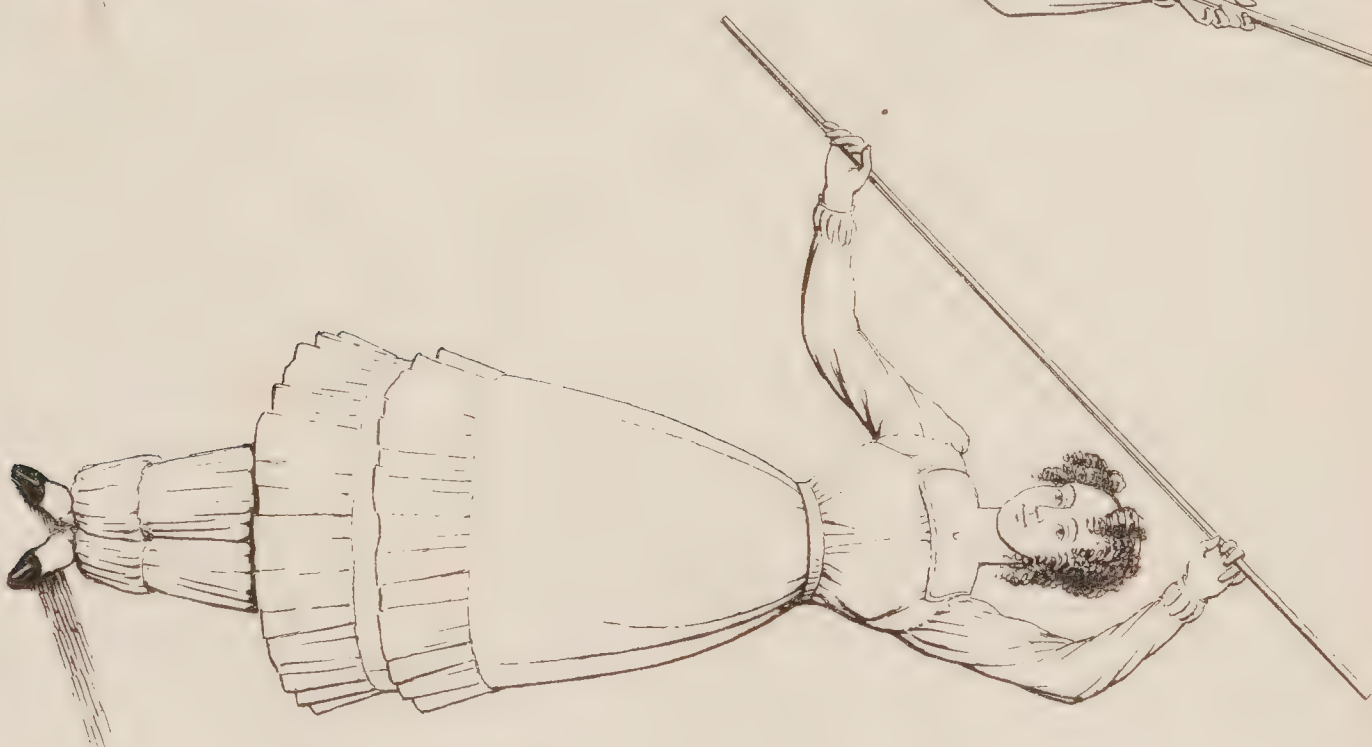


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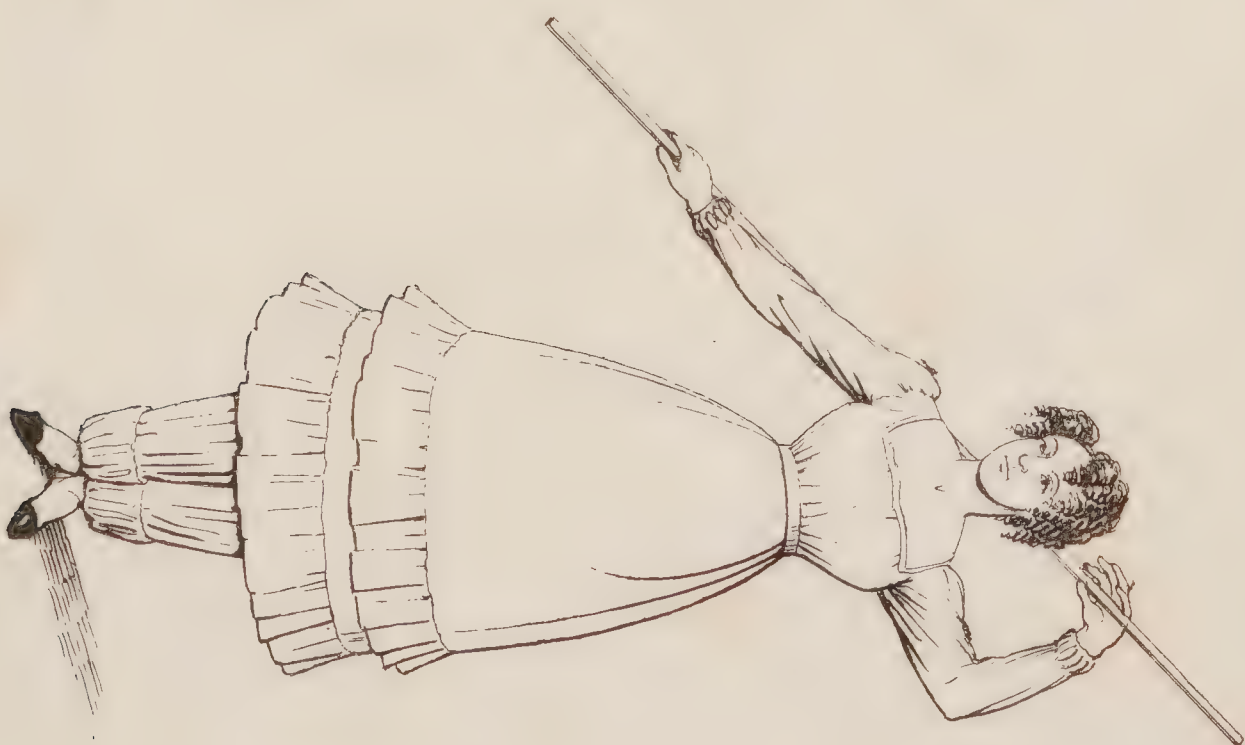




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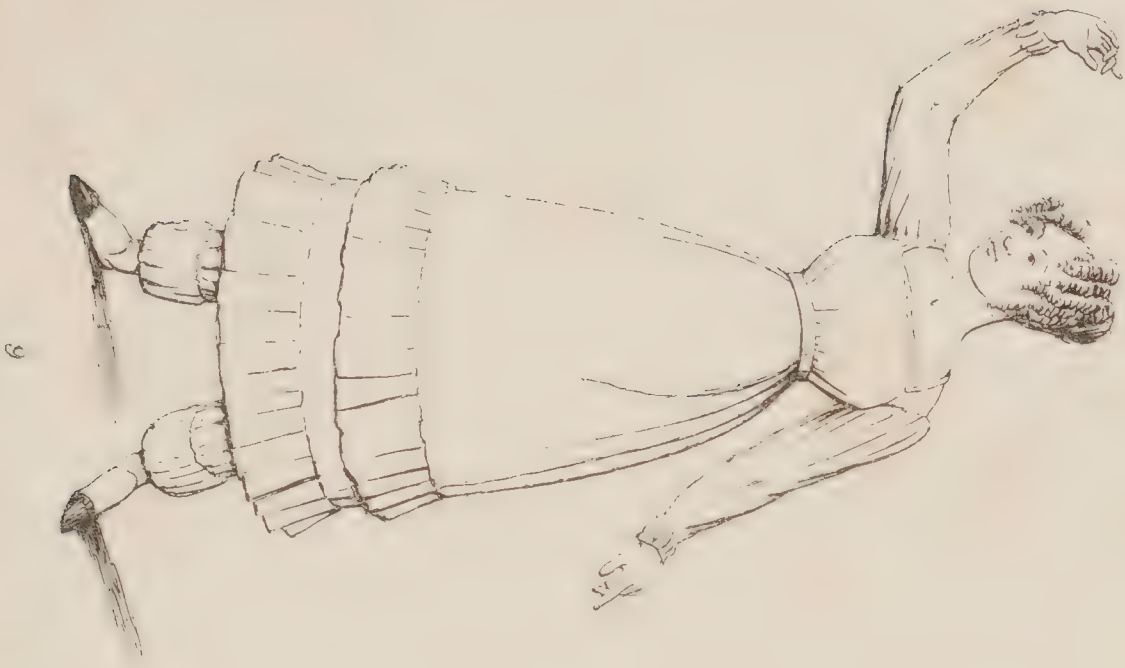
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